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Indiana Receives a Team Nutrition Grant

The Indiana Department of Education received a two year grant to create and implement an award program that will encourage and recognize CACFP facilities for adapting menus and policies that align with the 2010 Dietary Guidelines for Americans.

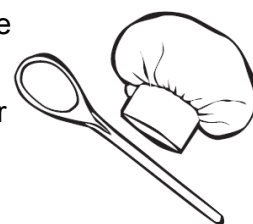
In 2010, the Institute of Medicine reported that in order for the Child and Adult Care Food Program to align with the 2010 Dietary Guidelines for Americans, the following changes should be made:

- Decrease foods high in solid fats, added sugars, trans fats, and sodium
- Increase the quantity and variety of fruits and vegetables
- Increase the proportion of whole grains
- Provide milk that contains no more than 1% fat (to children age 2 and older)

Nutrition education and physical activity is also an important part of a healthy environment. That is why creating/updating a wellness policy that includes specific policies for nutrition education and physical activity will also be part of the award program and training materials.

Over the next several months, we will be hard at work developing award criteria, applications, and training materials. Training will be provided next spring to help facilities understand the criteria and how to accomplish it. More information on the trainings will be provided early next year, so stay tuned.

In the mean time, start looking for small changes that can be made to your menus to make them healthier. For assistance with menus or wellness policies, contact Heather Stinson at hstinson@doe.in.gov or 317-232-0869.



"A fruit is a vegetable with looks and money. Plus, if you let fruit rot, it turns into wine, something Brussels sprouts never do."

-- P. J. O'Rourke

CACFP Training Survey

Thank you to everyone that participated in the CACFP training survey! We received a lot of valuable feedback. You told us...

Your top 5 most desired trainings are:

1. Menu Planning
2. Nutrition Education
3. Training Staff
4. Food Safety
5. Training on specific types of Special Dietary Needs

The type of training you would prefer to receive most often:

75% said webinars

25% said in-person regional trainings

The most convenient time for you to receive training is:

Time of day: 9a-11and 1p-3p

Days of the week: Tuesday-Thursday

Months: February-April

We will consider the survey results when creating and delivering upcoming trainings. Thank you!



Mary Lou Davis
CACFP Field Consultant

Staff Spotlight: Mary Lou Davis

Mary Lou will start her 18th year with the IDOE in November. In her position as a field consultant, she oversees the northeastern part of the state. Prior to this position she taught in the P-H-M and Mishawaka school systems for 7 years.

Mary Lou has been married to Tom for 40 years and has a daughter, Jennifer, who teaches 6th grade language arts in Detroit, Michigan. Her son, Heath, owns a business in Mishawaka. She also has a beautiful

granddaughter, Audrey, who is perfect!!!!

She started a program in 1989 for children with disabilities called 'Challenger Little League Baseball'. The highpoint of her summer is coaching these players. She also likes to garden, read and sew (especially for my granddaughter).

Feel free to contact Mary Lou at mldavis@doe.in.gov.

Please Welcome Our New Sponsor(s)

- Ladoga Presbyterian Church
(Fuzzie Bear Preschool Ministry)
- Ladoga
- Kim McVay

Food Safety Tip: Exposing Myths

Myth #1: Food poisoning isn't that big of a deal. I just have to tough it out for a day or two and then it's over.

Fact: Many people don't know it, but some foodborne illnesses can actually lead to long-term health conditions, and 3,000 Americans a year die from foodborne illness.

[Get the facts on long-term effects of food poisoning.](#)

Myth #2: It's OK to thaw meat on the counter. Since it starts out frozen, bacteria isn't really a problem.

Fact: Actually, bacteria grow surprisingly rapidly at room temperatures, so the counter is never a place you should thaw foods. Instead, [thaw foods the right way.](#)

Myth #3: I don't need to wash fruits or vegetables if I'm going to peel them.

Fact: Because it's easy to transfer bacteria from the peel or rind you're cutting to the inside of your fruits and veggies, it's [important to wash all produce, even if you plan to peel it.](#)

Source: www.foodsafety.gov

Events Calendar

- ⊕ 10/11/11: New Sponsor WebEx Training (9am-12pm)
- ⊕ 11/15/11: Refresher Workshops, IDOE Offices (9am-4pm)
- ⊕ 11/30/11: New Sponsor WebEx Training (9am-12pm)

New Sponsor Training also available on-line at: http://www.doe.in.gov/food/childadults/online_training.html

*Note: A photo ID is required at all times at the IDOE offices.

Did You Know... About Our Online Resources?

CACFP federal regulations are the "rules" by which the Program must operate. However, policies and memorandums issued by USDA or the State Agency carry the same weight as the regulations. Every organization participating in the Program must be in compliance with these policies and memorandums. Familiarize your organization with this important information by checking the **Policies & Memorandum** section of the CACFP web page

Visit www.doe.in.gov/food/childadults to learn more.

10
tipsNutrition
Education Series

choose MyPlate

10 tips to a great plate



Making food choices for a healthy lifestyle can be as simple as using these 10 Tips.

Use the ideas in this list to *balance your calories*, to choose foods to *eat more often*, and to cut back on foods to *eat less often*.

1 balance calories

Find out how many calories YOU need for a day as a first step in managing your weight. Go to www.ChooseMyPlate.gov to find your calorie level. Being physically active also helps you balance calories.

2 enjoy your food, but eat less

Take the time to fully enjoy your food as you eat it. Eating too fast or when your attention is elsewhere may lead to eating too many calories. Pay attention to hunger and fullness cues before, during, and after meals. Use them to recognize when to eat and when you've had enough.



3 avoid oversized portions

Use a smaller plate, bowl, and glass. Portion out foods before you eat. When eating out, choose a smaller size option, share a dish, or take home part of your meal.

4 foods to eat more often

Eat more vegetables, fruits, whole grains, and fat-free or 1% milk and dairy products. These foods have the nutrients you need for health—including potassium, calcium, vitamin D, and fiber. Make them the basis for meals and snacks.



5 make half your plate fruits and vegetables

Choose red, orange, and dark-green vegetables like tomatoes, sweet potatoes, and broccoli, along with other vegetables for your meals. Add fruit to meals as part of main or side dishes or as dessert.

6 switch to fat-free or low-fat (1%) milk

They have the same amount of calcium and other essential nutrients as whole milk, but fewer calories and less saturated fat.



7 make half your grains whole grains

To eat more whole grains, substitute a whole-grain product for a refined product—such as eating whole-wheat bread instead of white bread or brown rice instead of white rice.

8 foods to eat less often

Cut back on foods high in solid fats, added sugars, and salt. They include cakes, cookies, ice cream, candies, sweetened drinks, pizza, and fatty meats like ribs, sausages, bacon, and hot dogs. Use these foods as occasional treats, not everyday foods.

9 compare sodium in foods

Use the Nutrition Facts label to choose lower sodium versions of foods like soup, bread, and frozen meals. Select canned foods labeled "low sodium," "reduced sodium," or "no salt added."









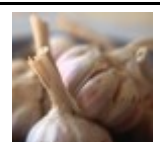






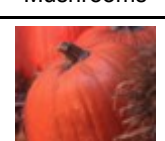






10 drink water instead of sugary drinks

Cut calories by drinking water or unsweetened beverages. Soda, energy drinks, and sports drinks are a major source of added sugar, and calories, in American diets.

Fresh Fruits and Vegetables in the Fall

Though many fruits and vegetables are available canned, frozen or dried all year long, the links below will provide information on the fruits and vegetables available fresh and in abundance during autumn and the fall months. Seasonal produce will vary according to geographic region. Click on the pictures below for information and nutrition education materials relating to the fruits and vegetables listed.




			
Apples	Bananas	Beets	Broccoli
			
Brussel Sprouts	Carrots	Cauliflower	Cranberries
			
Garlic	Ginger	Grapes	Mushrooms
			
Parsnips	Pears	Pineapple	Pumpkins
			
Rutabagas	Sweet Potatoes and Yams	Swiss Chard	Winter Squash

Source: [Snap-Ed Connection Resource Library](#)





An Introduction to Beans!







Preparing and Cooking Dry Beans

1. **Sort:** Before soaking beans, pick them over and remove any damaged beans, small stones or dirt
2. **Soak:** Most beans will rehydrate to triple their dry size, so be sure to start with a large enough pot. Choose one of the following ways to soak your beans:
 -  **Hot Soak:** hot soaking helps reduce intestinal gas. For each pound (2 cups) of dry beans, add 10 cups hot water; heat to boiling and let boil 2-3 minutes. Remove from heat, cover and set aside for up to 4 hours.
 -  **Quick Soak:** For each pound (2 cups) of dry beans, add 10 cups hot water; heat to boiling and let boil 2 to 3 minutes. Remove from heat, cover and set aside for at least one hour.
 -  **Overnight Soak:** for each pound (2 cups) dry beans, add 10 cups cold water and let soak overnight, or at least 8 hours.
3. **Cook:** Drain soaking water and rinse beans. Cover beans with fresh water. Simmer for 1 1/2 - 2 hours until tender.

Simple Cooking Tips

-  To avoid broken or mushy beans, boil gently and stir very little
-  Taste-test beans often for desired tenderness
-  Foods containing acid such as tomatoes, chili sauce, lemon juice, vinegar or catsup will slow the cooking and softening of the beans. Add these items last so they will not add to the cooking time.
-  Any of the following can be added during the last half hour of cooking: minced onion, garlic, green pepper, diced carrots or celery, chopped tomatoes or cooked meat.

Bean Nutrition

-  Beans provide more protein for your money than most other foods.
-  Beans are naturally low in fat and salt, with no cholesterol
-  Beans are high in fiber and complex carbohydrates.
-  Beans are packed with vitamins and minerals, including B, E, Calcium, Potassium and Iron

Source: Beans: The Bold and Beautiful Book of Bean Recipes
Washington State Department of Health



Let's Move! Child Care — a nationwide call-to-action that empowers child care providers, like you, to make positive health changes in children, early on, that could last a lifetime.

The 5 Main Goals of Let Move! Child Care:

1. Physical Activity

Provide 1-2 hours of physical activity throughout the day, including outside play when possible.

2. Screen Time

None under age 2. For 2 and up, work to limit to 30 minutes/week during child care. Aim for no more than 1-2 hours/day of quality screen time at home.

3. Food

Try to serve fruits or vegetables at every meal. Eat meals family-style whenever possible. Avoid serving fried foods.

4. Beverages

When you can, give water during meals and all day. Avoid sugary drinks. Two and up, serve low- or non-fat milk and 4-6 ounces max of 100% juice a day.

5. Infant Feeding

Provide breast milk to infants whose mothers wish to breastfeed. Welcome mothers to nurse mid-day and

Why Sign Up?

• Because you can make a difference

This is a major way you can have a lasting impact on every kid you care for

• Because you can be a champion for healthy choices

You have a powerful opportunity to instill healthy habits and make positive lifestyle changes in kids now

• Because you're a role model

Kids do as you do...good or bad

• Because you care

Keep them safe, happy and healthy

• Because you're a partner in parenting

Work as a team to promote the importance of healthy lifestyles in children

• Because it is easier than you might think

Let's Move! Child Care provides you with free tools and resources to get you started

How do I sign up?

If you want to make the commitment to start instituting healthy choices in your center or program today, just sign up visiting <https://www.healthykidshealthyfuture.org/startearly.html>

Save the Date!

To assist you with implementing healthy changes, free webinars will be offered on each of the 5 goals.

09/22/11 Healthy Eating Part 1

12/16/11 Infant Feeding

10/27/11 Healthy Eating Part 2

01/24/12 Screen Time

11/22/11 Physical Activity

To register for the webinars, visit <https://www.healthykidshealthyfuture.org/resources/webinars.html>

Oven Baked Sweet Potato Fries

Serves 12

Serving size: 1/2 cup

3 lb sweet potatoes

1/2 cup olive oil

1 tsp kosher salt

1 tsp paprika

1/2 tsp cinnamon

Preheat oven to 425 degrees. Line 2 baking sheets with aluminum foil. Peel the sweet potatoes. Cut into strips that are about 1/2 inch wide on each side. Place the sweet potatoes into a resealable plastic bag. Add oil, salt, paprika and cinnamon. Seal the bag and shake well to thoroughly coat the fries. Spread the potatoes out onto the baking sheets in a single layer. Cook for 30 minutes, turning every 10 minutes, until slightly browned. Transfer immediately to a paper towel lined plate.

Source: www.sarahscucinabella.com



School and Community Nutrition

151 W Ohio St.
Indianapolis, IN 46204

Phone: 317-232-0850
Toll free: 1-800-537-1142
Fax: 317-232-0855

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-Dr. Tony Bennett, State Superintendent of Public Instruction.